



happy, healthy,
REady
for school!

children's
activity book



INSIDE:

Fun activities for you
and your child
Tips for getting ready
for school



A service of PNC Grow Up Great
In partnership with Sesame Workshop
Helping children get ready for school

Making the most of your time together

Since birth, your child has been developing skills that are helping him get ready for school. When he:

- builds a block tower, he learns about symmetry, shapes, and colors
- plays outdoors, he learns how his body works, and how to interact with other children
- helps you cook a meal, he learns about measuring and following directions
- sings his favorite song in the car for the 101st time, he learns about patterns in music and rhyming sounds

All of these everyday activities are preparing your child for preschool.

Each day, you can do important things that will help your child get his very best start in preschool. By providing healthy choices for meals and snacks, you fuel your young child's energy for the day ahead. By scheduling a consistent routine for resting and sleeping, you make sure your child's body is working at its best. When you say, "Tell me why you're crying," you encourage him to develop and use his language, as well as to recognize and express his feelings.

Remember, play is your child's work. Give him many opportunities and a variety of materials to play with – by himself, with you, and with other children – and he'll get to work getting himself ready for school.

Inside you'll find some activities that you can do together. You'll also find tips for nurturing your child's learning throughout your daily routines.



letter search

B is for book – and for Big Bird!
Can you help Big Bird find other things
that begin with the letter B?



family tip:

Learning to recognize the letters of the alphabet, and the sounds that the letters make, is one of the steps on the road to learning to read. One of the first letters your child will probably recognize is the one that begins her name. Make a game out of finding that letter on road and store signs, on food containers, and in your child's favorite book.

Can you write the letter B?



feelings and friends

Look at the pictures of Elmo's friends.

How do you think they feel?

Why do you think they feel that way?

What makes you feel proud?

*How do you look when you
feel proud?*





family tip:

Young children need help learning the words to use to describe how they are feeling. They also need to learn how to identify how others are feeling in order to develop empathy. You and your child can make faces in the mirror to show a range of emotions beyond happy and sad, such as surprised, proud, excited, frustrated, or disappointed. Help your child explore other ways to express his emotions, such as through music, art, and storytelling.

get moving!

Rosita is learning about animals. Point to an animal. Can you move like that animal?

It feels great to move your body. What do you like to do that gets you moving?



frog



snake



butterfly



elephant



turtle



tiger

family tip:

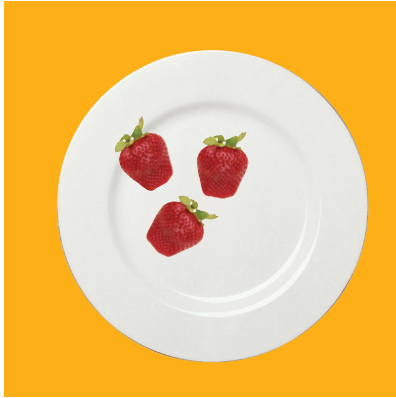
Movement activities like this one, as well as playground play, help your child develop skills that use the large parts of her body, like her arms and legs. You can also play games like “Simon Says,” and sing and move to songs like “Heads, Shoulders, Knees and Toes” to develop these skills. Ask your child to show you other ways she can move, such as fast, slow, high, low, tiptoe, and leap. To develop your child’s fine motor skills, give her opportunities to write and draw, fasten buttons and snaps, and thread shoelaces.

the Count's snacks

Come on everyone – it's time for a treat.
Right here at our school on Sesame Street.
Count all the snacks that you see on each plate.
These snacks are all healthy and they also taste great!

*Cherries, strawberries, pretzels, apples, and
broccoli are all healthy snacks.
What snacks do you like
to eat?*





family tip:

The kitchen is a great place to explore math skills. Your child can help measure ingredients when you cook. As you measure, use words such as full, empty, more than, and less than. Your child can also learn about one-to-one correspondence by helping to set the table. She will see that there is a plate, a fork and a napkin for each person. Talk with your child about healthy food choices, and explain that the right foods give her energy, make her feel good, and are full of the things her body needs to work well.

Can you write all the numbers you counted?





shape find

Telly loves triangles.
He's looking for something
that is shaped like a triangle.
Can you find it?
Can you find 2 squares?
*What things are
shaped like a circle?*





family tip:

All around you, there are opportunities for your child to explore concepts such as shapes, colors and letters. In the car, you can play games like "I Spy," and ask your child to look for shapes, colors, and letters. For example, "I spy a black circle," (car tire). In the laundry room, your child can sort clothes by color and size. You might have a treasure hunt in your home and ask your child to look for things that are red, or shaped like a square.

Happy, Healthy, Ready for School was developed by Sesame Workshop and funded by PNC Grow Up Great, a ten-year program to prepare young children for school and life, so that an entire generation won't just grow up...but grow up great.

PNC's commitment to school readiness will yield stronger, smarter, healthier children, families, and communities. School readiness encompasses the preparedness of the whole child, including physical, cognitive, social, and emotional skills. For more information on PNC's Grow Up Great visit: www.pnc.com

Sesame Workshop is the nonprofit educational organization behind *Sesame Street*; *Dragon Tales*; and *Sagwa, The Chinese Siamese Cat*. Through these programs, and through groundbreaking productions around the world, Sesame Workshop is making a meaningful difference in the lives of children worldwide. Find out more at www.sesameworkshop.org

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